

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Diagnosis: ☐ Cold or Flu ☐ Middle ear fluid (Otitis Media with Effusion, OME)  
☐ Cough ☐ Viral sore throat  
☐ Other: \_\_\_\_\_

R<sub>x</sub>

You have been diagnosed as having an illness caused by a virus.  
**Antibiotic treatment does not cure viral infections.**  
If given when not needed, antibiotics can be harmful. The treatments prescribed below will help you feel better while your body's own defenses are defeating the virus.

**General instructions:**

- ☐ Increase fluids.
- ☐ Use cool mist vaporizer or saline nasal spray to relieve congestion.
- ☐ Soothe throat with ice chips, or sore throat spray; lozenges for older children and adults.

**Specific medicines:**

- ☐ Fever or aches:
- ☐ Ear pain:
- ☐ \_\_\_\_\_:
- ☐ \_\_\_\_\_:

Use medicines as directed by your doctor or the package instructions. Stop the medication when the symptoms get better.

**Follow up:**

- ☐ If not improved in \_\_\_\_ days, if new symptoms occur, or if you have other concerns, please call or return to the office for a recheck.
- ☐ Other: \_\_\_\_\_

Signed: \_\_\_\_\_



U.S. GPO: 2000-533-020/26013

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